



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

JUNE 2021

TampaBaySLAA.org

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Were entirely ready...

“This attitude was easy enough to justify to ourselves; however, we were actually at a very critical point in our sobriety. In the first five steps we were walking away from the active disease; now we needed to make that first real step toward rebuilding. While it might be true that not every part of us needed wholesale remodeling, it was true that we could not trust ourselves to direct the project solely on the basis of our unaided will. Our twisted motives, often hidden, could far too easily turn qualities that were quite harmless, in others, into a source of addictive return for us.”

The Augustine Fellowship, S.L.A.A. pg. 85

ACCEPTANCE
is the
ANSWER

Step 6: Were entirely ready to have God remove all these defects of character.

Tradition 6: An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

Sign of Recovery 6: We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.

Concept 6: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the Board of Trustees.

WHERE MONEY AND SPIRITUALITY MIX

Online meeting spaces make it difficult to “pass the basket.” Some groups have set up digital contribution accounts with services like **Venmo**, **PayPal**, **Google Pay**, etc. to deal with this new format.

While groups may currently have limited expenses, **Intergroup** still needs funds to be present for groups, the newcomer and **Fellowship-Wide Services**.

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How do we become entirely ready? Why does this Step use that word? Removing all defects of character? Aren't we supposed to work towards progress not perfection? It seems like this Step would create a lot of fear for addicts. But if we have thoroughly worked Steps One through Five, this Step isn't quite so fearful. God, our sponsor and fellows support us. Entirely ready doesn't mean all our defects disappear on the spot—it means we have enough humility to be ready to ask in the Seventh Step. We have seen our disease in Step One and know that we don't want to be that way anymore. We have seen clearly what the defects are in Steps Four and Five. Steps Two and Three prepared us by giving us hope that there is a Higher Power listening to our prayers who can help heal our defects. God doesn't remove them without a lot of help from us, though. Are we ready to keep asking? We may get fearful of doing the work of honestly looking at ourselves, of praying and of being humble, but others who have done it before us assure us that it's the best and only way to recover. Serenity is the goal and we can get there if we try and ask Higher Power and fellows for help.

Higher Power, I pray for the willingness to let go of my character defects.

State of Grace Daily Meditations, pg. 157

If we are painstaking about this phase of our development, we are going to be amazed before we are half-way through...

- We are going to know a new freedom and a new happiness.
 - We will not regret the past nor wish to shut the door on it.
 - No matter how far we have gone, we will see how our experiences can benefit others.
 - That feeling of uselessness and self-pity will disappear.
 - We will lose interest in selfish things and gain interest in our fellows.
 - Our whole attitude and outlook on life will change.
 - Fear of people and of economic insecurity will leave us.
 - We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

<https://tampabayslaa.org/some-benefits-of-taking-the-12-steps-of-recovery/>

Excerpted from © Alcoholics Anonymous, "The AA Promises."

Our Purpose

The purpose of the Tampa Bay Intergroup is to make known the services of the fellowship of S.L.A.A. in the Tampa Bay Area (and throughout the West Central Region of Florida). The Tampa Bay Intergroup cannot, and does not, speak for all of S.L.A.A.

Our services include regular weekly group meetings at various locations in nine cities, a telephone help-line, a regular monthly newsletter, and various annual gatherings and retreats.

The Tampa Bay Intergroup serves the individual groups and provides an interface to the S.L.A.A. Fellowship-Wide Services.

SLAA Word Scramble

The Language of SLAA Recovery

- TENNBECSIA _____
- IOAUNRBSED _____
- RBETYOIS _____
- ATPILISUR _____
- NEOVTINRY _____
- IOHBRSAEV _____
- DNSITOTARI _____
- RECRYVEO _____
- NTHPLIAOEIRS _____
- TYMIOANNY _____

Our attitude towards our defects and underlying problems began to change. With new eyes we could see the serious consequences in the lives of others when they could not voluntarily surrender these difficulties. With growing maturity we realized that healthy relationships could only exist if we were human rather than superhuman. We came to understand that sex and love addiction appears to be a disease of actions when viewed from without, but it is really a perversion of moral and ethical values *as experienced from within*.

The Augustine Fellowship, S.L.A.A. pg. 86

Sex and Love Addicts Anonymous (S.L.A.A.)

You are not alone.

BUILDING PARTNERSHIPS

Self-dignity and unselfish caring for other human beings are both part of a life committed to sobriety. The things we have learned about living in a partnership, either in a marriage or in some other intimate, committed relationship, are equally as important in the whole array of non-sexual relationships with other human beings, regardless of whether we are choosing to “live alone” or not.

The basic idea is that a “closed system” is one in which there is no energy exchanged with the environment outside the system. An “open system” is one in which energy IS exchanged, just as a living being takes in food, oxygen, and experiences, and transforms these into flesh, energy, and learning. Closed systems with living things cannot continue for long. Just as an astronaut in space will eventually run out of food and air, a closed system with living things must become “open,” or die.

The Augustine Fellowship, S.L.A.A. pg. 142

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2021 ANNUAL BUSINESS CONFERENCE/MEETING A VIRTUAL FOUR-DAY EVENT **AUGUST 3-6, 2021**



What:

2021 Virtual S.L.A.A. Annual Business Conference/Meeting

Where:

Virtual Meeting on vConferenceOnline

When:

Tuesday, August 3—Friday, August 6, 2021

Full Details:

<https://slaafws.org/abminfo>



ABC/M 2021 Theme is

Tradition 7: Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

North American 2021 ABC/M
Scholarship Fund
(United States, Canada,
Mexico Territories)

The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services (F.W.S.) Board of Trustees is pleased to announce the North American 2021 ABC/M Scholarship Fund to encourage participation at the Virtual 2021 Annual Business Conference/Meeting (ABC/ M) .

The North American 2021 ABC/M Scholarship Fund provides financial assistance of \$100 USD towards ABC/M registration fees. Available to Intergroups from the North American continent on a first come first served basis. Please contact abm2021@slaafws.org to apply.

Support Tampa Bay SLAA

paypal.me/tampabayslaa



Tampa Bay Intergroup is taking 7th Tradition Donations through PayPal.
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